

# **NATIONAL SQUAD**

**NATIONAL CENTRALISED PROGRAM &  
NATIONAL SQUAD GUIDELINES**  
**SQUAD PACK 2024+**

# National Centralised Program and National Squad Guidelines Squad Pack 2024+

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# National Centralised Program and National Squad Guidelines Squad Pack 2024+

## 1. Purpose

The purpose of these guidelines is to provide a clear understanding of the processes, systems and documentation relating to the Gymnastics Ireland (GI) National Squad (NS) program. In the main, these guidelines outline NS Selection Criteria; NS Tier Levels and Support Services; Booking, Using and General Health & Safety within the NGTC, Rules and Anti-Doping requirements for National Squads.

## 2. Scope

These guidelines are applicable to National Coaches, Heads of Disciplines, Judges/Officials, GI Staff and Contractors, Club Coaches and Gymnasts involved in any capacity within the GI National Squad Program.

## 3. Definitions

ADEL	Anti-Doping Education & Learning Platform
CDS	Club Development Squad/Sessions
CB	Code Blue (Alarm)
EG	European Gymnastics (Governing Body for Gymnastics in Europe)
FIG	Federation Internationale de Gymnastique
GDPR	General Data Protection Regulation
GI	Gymnastics Ireland
HoD	Head of Discipline
HP	High Performance
HPC	High Performance Committee
IDS	International Development Squad
Learn Upon	Gymnastics Ireland E-Learning Platform
NDS	National Development Squad
NGB	National Governing Body
NGTC	National Gymnastics Training Centre, Sport Ireland Campus, Blanchardstown
NPC	The appointed National Performance Coach of a discipline
NS	National Squad
OFI	Olympic Federation of Ireland
OS	Olympic Squad
OSS	Olympic Start Squad
S&C	Strength & Conditioning
P&T	Performance & Technical Department (Gymnastics Ireland)
PTM	Performance & Technical Manager (Gymnastics Ireland)
PWCM	Policy, Welfare & Compliance Manager (Gymnastics Ireland)
SI	Sport Ireland
SII	Sport Ireland Institute
WADA	World Anti-Doping Agency

## 4. Values, Culture & The Athlete/Gymnast Voice

4.1 As outlined in our Strategic Plan and High Performance (HP) Strategy our values are:

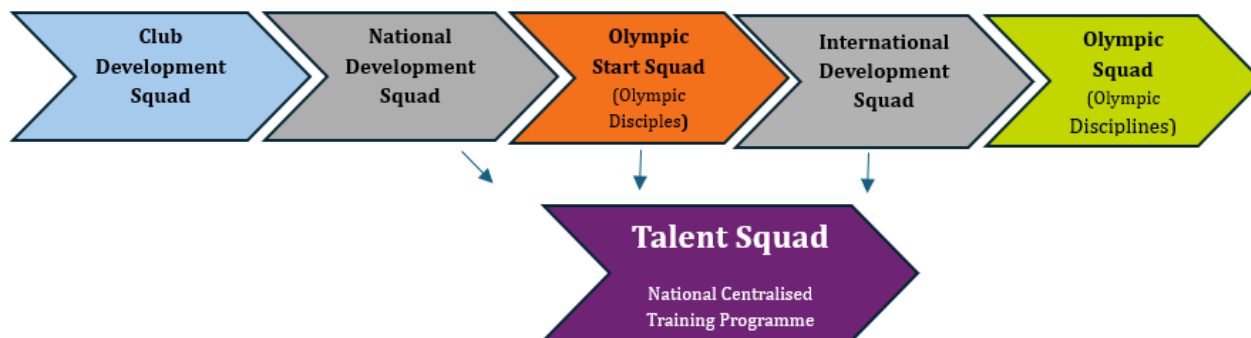


- 4.2 All National Squad members are expected to reflect, support and embed the Gymnastics Ireland (GI) values, as listed above, to ensure our National Squad program is a person-centred, safe and enjoyable place to participate in High Performance gymnastics.
- 4.3 GI aims to constantly foster an inclusive culture. All National Squad members will have an equal opportunity to strive for success and any perceived barriers will be proactively addressed to the best of our ability.
- 4.4 The National Squad program supports the overall aims and objectives to ensure the sport of gymnastics is inclusive and open to everyone. All athletes have the right to participate, regardless of their gender, civil status, family status, sexual orientation, religion, age, disability, race, membership of the Traveller community or any other ground protected under the Equal Status Acts.
- 4.5 The GI HP Committee (HPC) annually monitors and reviews the HP Program in line with the GI HP Strategy, including the National Squad system, in an effort to constantly improve the gymnast experience and performance results. The HPC includes an athlete/gymnast representative member with their role being to ensure the gymnast voice/ perspective is present and considered in all key decision making and policy development matters (see section 3.3 of the High Performance Strategy).
- 4.6 GI will review national equipment/facilities to ensure attendees with disabilities are adequately accommodated.

## 5. National Squads, Selections, Tiers and Services

### 5.1 Overview of National Squad Levels

Discipline specific levels are outlined in the selection criteria. The image below provides the overview of the squad levels.



### 5.2 National Squad Selection Criteria

All disciplines select National Squad gymnasts following discipline specific Selection Criteria (see discipline links below). This defines the set standard for each discipline, (agreed with the Head of Discipline (HoD) and Performance & Technical Manager (PTM) and is in line the High Performance Strategy.

NATIONAL SQUAD SELECTION CRITERIA					
<a href="#">Appendix 1 - Acrobatics</a>	<a href="#">Appendix 2 - Rhythmic</a>	<a href="#">Appendix 3 - Men's Artistic</a>	<a href="#">Appendix 4 - Women's Artistic</a>	<a href="#">Appendix 5 - Trampoline</a>	<a href="#">Appendix 6 - Tumbling</a>

### 5.3 National Squad Acceptance

#### Gymnasts

- Upon selection, gymnasts will be advised via their GI registered club.
- Gymnasts have an option to accept a National Squad place offered.
- To accept their place on National Squad, gymnasts must complete the National Squad Acceptance Online Form (see discipline links below). This online form provides GI with relevant personal information regarding the gymnast and a declaration of understanding and compliance with National Squad Rules, Codes of Conduct, Anti-Doping Rules and the Diversity, Equity, Inclusion and Belonging Policy/Strategy.
- Once submitted, gymnasts should provide to their GI member club the following:
  - Signed National Squad Contract (if applicable)
  - Copy of Irish passport
  - Digital colour head and shoulders photo (passport size and quality)
  - Personal Medical Insurance Certificate (Carded and Tier 1 - 3 IDS gymnasts only)
  - PDF Anti-Doping Certificate (in gymnasts name) [Adel-WADA Intl Athletes Education](#)
  - Music License (See 5.11 Music Licenses for instructions and exceptions)
- Once the club has collated all documents for their selected gymnasts, these must be sent to the File Request (link provided in the selection notification email) by the deadline date. NGTC/Centralised gymnasts must provide this documentation via their personal coach.

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- Gymnasts can only be accepted onto National Squads when their National Squad Acceptance form has been submitted and all relevant documents have been received by GI. Gymnasts/parent/guardians are to complete this form using the link below according to the discipline they are selected for:

DISCIPLINE NATIONAL SQUAD ACCEPTANCE FORM LINKS (2024)					
<a href="#">Acrobatics</a>	<a href="#">Rhythmic</a>	<a href="#">Men's Artistic</a>	<a href="#">Women's Artistic</a>	<a href="#">Trampoline</a>	<a href="#">Tumbling</a>

### Coaches & Officials

All coaches, consultants, guest coaches, support staff and judges attending National Squads/trials/internationals, must annually complete the [Coaches/Officials National Squad Data Form](#), prior to their first attendance at the NGTC for the squad year. **Attendance at National Squads is not permitted without this.**

They **must also upload a colour photo, passport copy, (and [Anti-Doping Certificate for Coaches of High Performance - coaches only](#))** to the file request links contained in the above form).

- GI will check to ensure each person has up to date Safeguarding Certificates & Garda Vetting in place.*

National Performance Coaches will check against the list of approved persons at each National Squad and advise the PTM of non-approved persons for follow up via the [NGTC Reporting Form](#).

- Access is only permitted once approval has been received in time for the next session.*

GI will provide education to coaches/officials on implementation of the principles and policies contained within the Diversity, Equity, Inclusion and Belonging (DEIB) Policy/Strategy to ensure all of its coaches operate in an inclusive manner and they do not discriminate in their coaching on the basis of gender, civil status, family status, sexual orientation, religion, age, disability, race, membership of the Traveller community or any other ground protected under the Equal Status Acts.

### 5.4 Induction

An induction day will be organised by the Heads of Disciplines/National Coaches to introduce new gymnasts and coaches to the program, with information available to parents, including:

<b>National Squad Program &amp; Policies</b>	<b>Pathways</b>	<b>Culture</b>
<b>Athlete Voice &amp; Reporting / Athlete Rep</b>	<b>Support Services</b>	<b>Codes of Conduct</b>
<b>General Reporting / Review Process</b>	<b>Wellbeing</b>	<b>Anti-Doping</b>

*\*Refreshers will be arranged per cycle for updates on new cycle plans by the Heads of Disciplines.*

### 5.5 National Squad/Centralised Training Policies

All Gymnastics Ireland Policies and Rules & Regulations including those listed below apply to National Squad members and must be read and adhered to:

- National Centralised Program & National Squad Guidelines – Squad Pack 2024+
- National Squad Codes of Conduct
- International Travel Policy
- Selection Policies
- Anti-Doping Rules
- HP Strategy 2024+
- Diversity, Equity, Inclusion and Belonging Policy/Strategy
- Gymnastics Ireland General Rules & Regulations
- National Events Policy
- Complaints & Disciplinary Rules & Procedures
- GI Contract for HP Gymnasts

## 6. National Squad/Centralised Rules

### 6.1 Irish Nationality

- 6.1.1 National Squad (NS) members must hold a current IRISH passport.
- 6.1.2 If a gymnast's passport expires while a member of a NS, they must apply to renew their passport as soon as possible and ensure a copy is received by Gymnastics Ireland (GI).
- 6.1.3 Gymnasts who do not have an Irish Passport may be considered to guest at the NS under either of the following circumstances:
  - *They are eligible to hold an Irish passport*
  - *Reside in Ireland holding another nationality with permission to train from GI and their home federation*
- 6.1.4 Selection to and representation at any international event is by the GI Selection Policies and GI Rules & Regulations.
- 6.1.5 Gymnasts must be members of a National Squad to be selected to represent Ireland (this excludes guest squad members). In order to be eligible to represent Ireland and/or compete in an international selection trial process, gymnasts must hold a current valid Irish passport.
- 6.1.6 In the case of international events that are outside the direct operation/recognition of FIG/EG, gymnasts participating may only represent Ireland and shall not represent any other nation(s) under any circumstances, including a Home Nation.
- 6.1.7 National Squad gymnasts may not represent a club outside of their country of residence in any international event. If the circumstances are believed to be exceptional, for example residency issues, the express permission must be sought via the PTM.
- 6.1.8 When Ireland is competing as a nation at any international competition, clubs are not permitted to enter the same event. Any possible resolution will need to be discussed with the NPC)/HoD and PTM.
- 6.1.9 FIG Licenses can only be agreed and applied for through the GI Performance & Technical Team, clubs/gymnasts are not permitted to apply for a License independently.

### 6.2 Codes Of Conduct

- 6.2.1 The Codes of Conduct must be adhered to by gymnasts, their parents, coaches and officials. Submission of the National Squad Acceptance Form confirms the declaration that you have read, understood and agree to abide by the Codes of Conduct.
- 6.2.2 If a gymnast/coach is selected to represent Ireland at an international event or training camp, they must abide by the relevant GI rules and regulations and fully co-operate with the officials in charge.

### 6.3 National Squad/Centralised Training Attire

- 6.3.1 National Squad attire (ordered directly via Quatro-GI Pro Shop) must be worn at all NS Squad/ Centralised training sessions, camps etc. Acceptable training attire is a one-piece long or short-sleeved leotard (with shorts/leggings as per personal preference). The changing rooms must be utilised - changing in the NGTC is not permitted.
- 6.3.2 In line with FIG rules, safe alternative attire that conforms with religious and cultural beliefs may be worn. Competing gymnasts must be aware of the attire rules in GI Events Policy and FIG rules.
- 6.3.3 The wearing of jewellery must be in line with FIG rules. Only 1 pair of stud earrings is permitted during training.
- 6.3.4 The National Competition kit is only purchased when a gymnast has been selected to represent Ireland through the GI selection process.

### 6.4 National Squad Communication

- 6.4.1 Failure to submit the National Squad Acceptance Form and all required documentation by the deadline, may result in deselection, in which case gymnasts will be advised via their club.
- 6.4.2 All squad related communication/queries must be via the gymnasts' GI affiliated club only (including gymnasts who reside/train in a club which is outside of Ireland):
  - For gymnasts based in the National Centralised Program (Tier 1&2 Gymnasts), communication is via their personal coach to the HoD/NPC
  - ***No documentation will be accepted by gymnasts or parents/guardians directly.***

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## 6.5 National Squad Fees

- 6.5.1 Fees are set for the year and advised in the National Squad Welcome Letter.
  - The High-Performance Program is heavily subsidised by GI with a small percentage of these costs paid by gymnasts in National Squad fees.
- 6.5.2 These fees must be paid in full by the stated deadline and are non-refundable.

## 6.6 Attendance at National Squad Training

- 6.6.1 Gymnasts are expected to attend all National Squad training sessions.
- 6.6.2 Reasons for non-attendance must be for exceptional circumstances (e.g. illness, injury). If a gymnast cannot attend a NS training session, their club must advise the relevant HoD/NPC in writing in advance of the training session.
- 6.6.3 If no communication is made, the HoD/NPC will contact the club/personal coach to discuss the gymnasts' position on squads. In the case of injury or illness, a medical/doctors' certificate should be provided as soon as available to the HoD/NPC.
- 6.6.4 National Squad training dates may be subject to change (due to exceptional circumstances) and in such cases will be advised as soon as possible to clubs.
- 6.6.5 National Squad members must be a member of Gymnastics Ireland.
- 6.6.6 If a gymnast changes club, (as per [GI Club Transfer Form](#)), this must be notified to the HoD/NPC. (If the new club is not GI affiliated, the gymnast is not eligible to attend squads and may be deselected.
- 6.6.7 Hotel/accommodation will not be provided by GI for gymnasts (all Tiers) or personal coaches attending National Squads. If required, accommodation must be booked via clubs/coaches.
- 6.6.8 Travel costs and transport arrangements to and from National Squad sessions are the responsibility of coaches and gymnasts. Travel expenses are not re-imbursed. Those travelling from outside of Ireland are advised to have comprehensive travel insurance in place which covers cancellations.

## 6.7 Injury/Illness

- 6.7.1 If a squad gymnast obtains an injury or becomes ill at any time the club/personal coach must make the HoD/NPC aware and keep them up to date on progress. The HoD/NPC may seek additional support via the National Squad Support Service Program.
- 6.7.2 Gymnasts who are injured for a significant period of time can request a support service from the HoD/NPC. In cases where this may result in deselection, gymnasts will be given the opportunity to regain selection. The HoD/NPC will consider the gymnasts rehabilitation progress in conjunction with the support service advice ensuring their standards are achieved.

## 6.8 Private Health Care\*

- 6.8.1 All Tier 1, 2 & 3 gymnasts **must** have personal health insurance and provide a copy with their National Squad document submission.
- 6.8.2 It is strongly recommended that all gymnasts obtain external personal health insurance cover.

\* ***This is not to be confused with the GI membership and travel insurance***

## 6.9 Coaches

- 6.9.1 A gymnast's personal coach must accompany their gymnast(s) at each training session. If a personal coach is not present, then the gymnast may not be permitted to train. However, arrangements may be made for another coach to be nominated if organised in advance and notified to the HoD/NPC, for u18's the parent must give consent.
- 6.9.2 Any coach attending National Squad training/event must be:
  - *A current member of GI*
  - *Have submitted the annual Coach/Official Online National Squad Acceptance Form*
  - *Have up to date Safeguarding Certificates and Garda Vetting in place*
- 6.9.3 Upon selection, the personal coach must submit their gymnast's personal program to the HoD/NPC.



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### 6.10 Performance Planning

- 6.10.1 National Coaches, in conjunction with personal/club coaches, must make realistic cycle plans which include gymnast's capacities and routine objectives.
- 6.10.2 National Coaches must complete year plans in October/November each year in conjunction with club coaches for squad gymnasts in Tiers 1-3. These must include quarterly updates on aims, objectives and reflections.
- 6.10.3 Cycle plans and year plans must be submitted to the PTM by November each year and/or when a cycle plan is updated.
- 6.10.4 National Coaches and/or Club Coaches must also complete the gymnast's pathway and score analysis on their plans (or on a personal template document) on completion of any events.

### 6.11 National Series Events

- 6.11.1 National Squad gymnasts are expected to compete in all National Series Events.
- 6.11.2 All NS gymnasts must enter the plus levels/elite level NDP/FIG or have obtained permission from the HoD/PTM to compete in an alternative pathway.
- 6.11.3 NS gymnasts training more than one discipline, are only permitted to compete in National Series events in the discipline of the National Squad they are selected to. Gymnasts training multiple disciplines are only eligible to be selected to one National Squad discipline.
- 6.11.5 As per Selection Policy, gymnasts who do not maintain selection standards in National Events may be deselected from the National Squad.
- 6.11.6 NS gymnasts must be entered into every National Series competition via their GI registered club, (Centralised Program gymnasts in communication with the HoD/NPC and GI Events Executive), utilising the GI Competition Entry System.
- 6.11.7 National Series competitions are used as trial events and for monitoring selection standards.
- 6.11.8 The full National Series competition entry fees must be paid.
- 6.11.9 All National Squad gymnasts agree to the Anti-Doping consent letter and Anti-Doping rules for National Series competitions upon submission of the NS Acceptance Form (online).

### 6.12 Music Licenses

- 6.12.1 To meet FIG requirements regarding international music industry rights, floor exercise music must be licensed for use. See link in 6.12.5 for more information.
- 6.12.2 In-age Junior and Senior Women's Artistic, Acrobatics and Rhythmic gymnasts (IDS, OS, OSS squads, and other gymnasts potentially representing in an international event) must ensure to purchase a music License giving the rights for the music to be used in performances.
- 6.12.3 Personal coaches/clubs must ensure all music Licenses are purchased and submitted alongside other National Squad Documents at the point of selection. Music must be received via the link sent in the selection confirmation email and the music form updated with the music details.
- 6.12.4 Music Licenses must be renewed according to the expiry date on the Licensed purchased if the music is to be used after the licencing period. Up to date music Licenses must be submitted to GI and coaches should ensure the performance rights are covered worldwide.
- 6.12.5 User Guide and further information via [Gymnastics Music Rights Education \(clicknclear.com\)](https://clicknclear.com)

### 6.13 Media/Social Media

- 6.13.1 If required, gymnasts agree to publicly represent GI through the media and through a limited number of public appearances.
- 6.13.2 Gymnasts must seek approval from GI for any individual PR/media opportunities a gymnast may wish to participate in.
- 6.13.3 The naming and publicising of GI/Irish team/individual delegations remains the sole ownership of GI and, in relation to the Olympic programme, to the Olympic Federation of Ireland (OFI). Gymnasts must adhere to any embargo (relating to personal PR/media, social media activity) in-line with GI/OFI planned media strategy & announcement dates.

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- 6.13.4 Gymnasts must represent themselves and GI in a respectful and positive manner on any social media applications/outlets.
- 6.13.5 GI does have the permission to video/photograph gymnasts in line with the membership agreement. Even given that GI has permission as per membership agreement, if a gymnast requests not to be videoed or if they requested that a photo/video be taken down GI would comply out of respect for the gymnast/member.

## 7. Centralised Training Program

By selection/invitation by the HoD/NPC, Senior & Junior T1 & 2 gymnasts may attend regular scheduled training in the NGTC with National Program Coaches.

- Tier 3 gymnasts by selection/invitation by the HoD/NPC may attend regular scheduled training in the NGTC with personal coaches and assisted by National Coaches.
- OSS and younger gymnasts may be selected for extra training with NPCs. Such gymnasts will be named and selected based on standards which will be monitored through the NS Program.
- Any gymnast who has been selected to represent Ireland may request extra training within program times to support training with personal coaches approved by NPCs.
- Selection criteria is detailed in the relevant discipline Selection Criteria (see Appendices)
- ***\* All gymnasts under 18 must have their personal coach present.***
- ***\*All requests to attend must be made through the HoD/NPC only.***

## 8. National Squad Tiers

The National Squad program selects gymnasts on a tiered level basis (T1-4). Every National Squad discipline has a selection criteria.

Each benchmarked tier level has a selection criteria, allocated provisions and supports. The Tier Level awarded to gymnasts will be advised on their National Squad Contract (T1 & T2 only) or in the communication advising of their selection to the National Squad Program (T3 & T4).

Within each tier level there is a discipline specific National Squad. Depending on the discipline, these are known as CDS/NDS/OSS/IDS/OS (see References for full squad names).

### 8.1 Tier Level Table

This table defines the category of National Squad gymnast per tier and allocation of support services.

DEFINITION	TIER LEVEL	SUPPORT SERVICES
Carded Gymnast	<b>TIER 1</b>	• Provided by Sport Ireland Institute (SII) on a specific need basis
Selected Olympic Potential Gymnasts	<b>TIER 2</b>	• Provided by SII, funded with pool funding through SI
Selected FIG Senior/Junior Gymnasts	<b>TIER 3</b>	• Provided by GI Support Program (subsidised services)
Selected GI National Squad including pathway gymnasts	<b>TIER 4</b>	• Limited support services through the GI National Squad Program
NOTES		
<i>*Tiers 1 &amp; 2 are only applicable to Olympic disciplines</i>		
<i>**All supports can only be accessed in communication with GI Support Services Manager and HoD/NPC (approved by PTM).</i>		
<i>*** On an individual basis and under exceptional circumstances, NGB Direct Support Service may be available for Olympic potential gymnasts that do not qualify in Tiers 1-2.</i>		
<i>**** UK based Tier 1 &amp; 2 gymnasts physiotherapy will not be under the SII service program and will be locally based to the gymnast's place of residence. Reports must be sent on a regular basis to the Support Service Manager in the SII. Costs are expected to be paid for by the gymnasts through their carding.</i>		

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### 8.2 Medical Service Supports

The table below sets out the agreed supports for athletes based on their tiers.

Carded athletes resident and training in the Ireland can access medical and physio services through SII and referral for appropriate testing as needed.

All Tier 1-3 gymnasts must have an individual health insurance plan of certain standard for access to imaging, referrals, consultations and interventions in line with the National Squad Contract.

Medical Services	Support			
Health Insurance	Self-funded – compulsory for all National Squad Gymnasts (Tiers 1-3)			
	Tier 1	Tier 2	Tier 3	Tier 4
Physiotherapy	SII or agreed Local Service Provider*	SII or agreed Local Service Provider (Individual/group)*	National Squad Support Service Program and/or self-funded	Limited National Squad Support Service Program and/or self-funded
Screening (Physio & Nutrition)	Via SII Team	Via SII Team	National Squad Support Service Program and/or self-funded	National Squad Support Service Program and/or self-funded
Medicine	GP, self-funded			
Blood Testing	Referral via GP, self-funded			
Imaging (MRI/Xray)	Referral via GP, self-funded or insurance cover			
Diagnostic Referral	As required (need assessed by physio & GP). Referral through insurance cover			
Medical Intervention	Medical Insurance cover			
<b>NOTES</b>				
*UK based Tier 1 & 2 gymnasts physiotherapy will not be under the SII service program and will be locally based to the gymnast's place of residence. Reports must be sent on a regular basis to the Support Service Manager in the SII. Costs are expected to be paid for by the gymnasts through their carding.				

### 8.3 International Carding

#### 8.3.1 International Carding Criteria

National Squad gymnasts in Olympic disciplines are named and selected for Carding from achieving the standards as outlined in the National Squad Selection Criteria and Sport Ireland Carding Criteria.

Each T1 gymnast will receive their carding contract based on their performance levels within the cycles. If a gymnast does not achieve the criteria, they will not be awarded funding.

- The primary consideration for funding is the achievement of the Carding Criteria.
- The secondary considerations critical to the Carding application and decisions made include:
  1. Athlete integration in the High-Performance Programme
  2. Athlete daily training environment
  3. Athlete trajectory on the performance pathway
  4. Podium and final potential of the athlete in Olympic Games
  5. Historic progression of the athlete within the scheme
  6. Past performance record within the cycle
  7. Standards achieved in-line with World Championships/European Championships showing final potential, including ranking in the top selected gymnasts of Ireland, and in-line with the Gymnastics Ireland Selection Policy & HP Strategy

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OLYMPIC SPORTS : GYMNASTICS	
Category:	International Carding Scheme Criteria (2024-2028 LA Cycle)
Podium	<ul style="list-style-type: none"> <li>Medallist in Olympic Games</li> <li>Medallist in the World Championships</li> </ul>
World Class	<ul style="list-style-type: none"> <li>Medallist in the European Championships</li> <li>Medallist at FIG World Cup events</li> <li>Final in the World Championships (AA or Apparatus)</li> <li>Finalist (Top 8) in Olympic Games (Apparatus)</li> </ul>
International	<ul style="list-style-type: none"> <li>Medallist in the European Games (AA or Apparatus)</li> <li>Final in the European Championships (Top 24 AA or Top 8 Apparatus)</li> <li>Finalist in Olympic Games (AA)</li> <li>Final at FIG World Cup events</li> <li>Top 30 in the World Championships (AA)</li> <li>Top 12 in the World Championships (Apparatus)</li> </ul>
NOTES:	
<ul style="list-style-type: none"> <li>In order to qualify for carding consideration, and in addition to the ranking, the score achieved from the international competition must also reflect the international standards in the level of global competition</li> <li>Individual events only</li> <li>Refers to senior individual apparatus and AA Artistic, Rhythmic &amp; Trampoline (Olympic) disciplines only</li> <li>Performance validation to be determined by NGB which is specific to each individual athlete and listed in the Sport Ireland Performance Plan</li> </ul>	

### 8.3.2 Carding/Funding Criteria

Up to date information regarding Sport Ireland High Performance Sport Investment and the International Carding Scheme Guidelines can be found under the following Sport Ireland links.

- [International Carding Scheme](#)

### 8.3.3 Gymnastics Ireland Direct Support Fund

Over 18 gymnasts may be eligible for Direct Support subject to GI's funding, considered as follows:

- A gymnast not quite achieving Carding status
- Consistent performances and potential for selection and qualification to the Olympics
- In full/time college education
- Not working full time
- Reside in Ireland

## 9. GI Support Service Program/Medical

Please refer to National Squad/Centralised Program Support Service above according to the tier level of the gymnast. GI may, where possible, refer gymnasts to a support service as required.

### 9.1 Discipline Specific Support Services Information

The following links provide information on discipline specific support services discipline available on the Gymnastics Ireland website:

<a href="#">Acrobatics</a>	<a href="#">Men's Artistic</a>	<a href="#">Trampoline</a>
<a href="#">Rhythmic</a>	<a href="#">Women's Artistic</a>	<a href="#">Tumbling</a>

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## 9.2 National Squad Physiotherapist Support

- Physiotherapy sessions are available to book for T3 & 4 gymnasts as per below.
- Booking is via the GI online booking system.
- GI are heavily subsidising this Support Service which means a reduced charge of €20 per appointment will be billed directly to the club the gymnast represents.
- After the initial booking is made, you will receive a link to complete the GI Physiotherapy Consent Form and GI Pre Appointment Form which must be submitted prior to attending.
- All information collected in relation to the appointment will be sent in one email to:
  - Parent/Guardian/Carer of gymnast u18 and for o18 gymnasts direct to their contact email
  - Club Coach
  - Club Physiotherapist
  - National Coach

### 9.2.1 National Squad Initial Clinic

A physiotherapist will be present at the first day of a weekend National Squad session (subject to availability). This initial appointment is for:

- Any T3 & 4 gymnast who has any injury concerns/physical capacity limitations that will inhibit their ability to complete all aspects of training throughout the duration of the squad weekend.
- 5 x30 minute appointments are available to book in advance via the online booking service.
- Appointments are scheduled from the start of your squad session.

### 9.2.2 Mid-Week Clinic

The physiotherapist will hold a midweek evening clinic in the NGTC every 2<sup>nd</sup> week, for T3 & 4 gymnasts. These can be for follow up appointments or for those unable to source a club physio.

- All appointments to be booked in advance using our online booking system.
- GI are heavily subsidising these Support Services and therefore a reduced charge of €20 per appointment will be billed directly to the club the gymnast represents

If a requirement is needed for another support service, all requests are to be made to [jonathan@gymnasticsireland.com](mailto:jonathan@gymnasticsireland.com) for advice, cost and availability.

*\* Clubs engaging in the National Squad program should have a physiotherapist linked to the club to help support squad gymnasts. This physio should link in with the Support Service Manager.*

### 9.3 Concussion

**ANY ATHLETE WITH A SUSPECTED CONCUSSION MUST BE REMOVED FROM SPORTING ACTIVITY AND EVALUATED BY A MEDICAL PROFESSIONAL OR PHYSIOTHERAPIST.**

#### What is concussion?

- Concussion is a traumatic brain injury
- It is a complex process in which forces are transmitted to the brain and result in temporary impairment of brain function

#### You don't need to lose consciousness to sustain a concussion!

#### How does a concussion happen?

- A direct blow to the head
- A blow to another part of the body that results in fast head movement (rotational forces/ whiplash type injury)
- If an athlete reports ANY concussion symptoms to one of their peers, parents, or coaches, or if anyone witnesses an athlete exhibiting any of the visual signs of concussion, they **must be removed immediately from participation**

#### Athletes: If you suspect a concussion:

- Stop training
- Report to a coach
- Seek medical review

**Coaches/ Parents/ Guardians/ Carers:** In any person who sustains a significant impact to the head, face, neck, or body and demonstrates ANY of the visual signs of a suspected concussion and/or:

**Loss of consciousness  
Disorientation  
Memory Loss**

**Confusion  
Balance Problems  
Dazed, blank stares**

Red Flags
Loss of consciousness, confirmed or suspected
Seizure or convulsion
Behaviour change, increasing restlessness, agitation, combativeness
Vomiting
Severe or increasing headache
Double vision
Weakness or tingling / burning in arms or legs
Neck pain or tenderness

Observable signs
Lying motionless on the ground
Disorientation, confusion, inability to respond to questions
Balance impairment
Blank or vacant look
Facial injury after head trauma
Blurred vision, diplopia, difficulty with tracking a moving target
Inability to speak or swallow

- Report ANY symptoms of a suspected concussion to a medical professional and/or parents.
- For further guidance and information, refer to the see [Appendix 7 - Concussion](#) and [FIG Concussion Guideline PDF \(gymnastics.sport\)](#)

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## 9.4 Nutrition, Hydration & Sleep Guidance

Implementation of nutritional, hydration and sleep strategies is key for career longevity, underpinning the gymnast's ability to maintain repeatability of a task, i.e. training day to day, week to week, year to year.

- Nutrition, hydration and sleep advice is provided through the support service program.
- National Squad gymnasts are encouraged to maintain a balanced, healthy and positive nutrition plan which supports and fuels their training requirements.
- Specific dietary requirements will be accommodated and supported in the High-Performance environment on the basis of, for example, religious beliefs or medical issues.
- Adequate rest breaks for hydration, snacks and lunch are scheduled in all NS training sessions.

**More information regarding nutrition and sleep information is available in the members area of our Learn Upon platform. NS gymnasts/coaches/parents will be invited to access these webinar series on acceptance of their National Squad place offered.**

- Also see [Appendix 8 - "Sleep For Athletic Performance"](#)

## 9.5 Use of Free/Machine Weights

Free/machine weights may only be used by gymnasts with a qualified physiotherapist or S&C coach approved by Sport Ireland and Gymnastics Ireland. Use is overseen and approved by Support Service Managers.

- Free weights
  - i.e. bands and ankle weights, barbells and dumbbells etc
- Qualified practitioner
  - Accredited UKSCA/ ISCN (UK Strength & Conditioning Association / Irish Strength & Conditioning Network partner and align all qualifications)
  - Chartered Physio with relevant training i.e. UKSCA level 3 trainee award or equivalent
  - Qualified coaches L3 approved by GI may use free weight as training aids as gymnast specific conditioning

## 9.6 Body Mass

**Definition: The quantity of matter in the body. Mass is calculated through the measurement of weight, i.e. the force the matter exerts in a standard gravitational field.**

- Coaches are not permitted to measure their gymnasts' body mass
- Only qualified medical professionals/sports scientists with a minimum of BSc (hons) with ISAK level 1 anthropometry qualification are permitted to measure a gymnasts' body mass
  - Prior to any engagement all documentation and rationale must be sent to GI/SI for approval
  - Full adherence to all GDPR guidelines in relation to the collection and use of personal data

## 9.7 Stretching

- Stretching must be within the guidance of scientific parameters and best practice
- Coaches and gymnasts must not apply pressure or stretch gymnasts with force or use any PNF (proprioceptive neuromuscular facilitation) techniques

## 9.8 Education / School

Gymnastics Ireland will not endorse gymnasts being excused from their educational setting for regular training purposes. It is extremely important the gymnasts learn a good training/school balance and ensure they are not excused from or miss any opportunities during their educational years.

Support services may provide help with balancing education alongside gymnast's careers.

## 10. FIG International Licenses

### 10.1 Junior/Senior Gymnasts FIG Licenses

- All Junior/Senior gymnasts who are trialling/competing at international level (and gymnasts selected to attend a FIG approved event) must hold a FIG license (this must be approved via the PTM)
- The photo, Irish passport and WADA anti-doping certificate provided with NS documentation is required to make the license application. The application form will be sent to the gymnast/personal coach for signature of the gymnast (and parent if U18)
- Once approved, a copy of the gymnasts' FIG license can be requested via P&T
- Coaches must maintain good records of expiry dates and, if renewal is required, request this via P&T at 6 months before expiry. (Licenses can take up to 6 weeks to approve/renew)
- Athlete international profiles/licenses can be found here [FIG - Athletes \(gymnastics.sport\)](https://www.fig-gymnastics.com/athletes)
- A gymnast cannot represent Ireland or obtain an FIG license without holding citizenship/Irish passport. Refer to: [Citizenship | Department Of Foreign Affairs](#)

### 10.2 Coach FIG Profiles

- All coaches of Junior/Senior gymnasts competing at international level require a FIG Coach Profile
- Applications are via P&T and require the following documents - photo, passport, FIG Coach Sport Safeguarding Certificate, WADA Certificate (see Anti-Doping Section)
- P&T will forward the completed application form to the coach for signature and on receipt of the signed copy, will forward to FIG Coach Sport for approval
- Coaches will not be permitted by FIG/EG to attend sanctioned events without a coach profile

## 11. Anti-Doping

### 11.1 Anti-Doping Rules

- 11.1.1 Gymnasts and coaches must abide by the [Irish Anti-Doping Rules \(sportireland.ie\)](https://www.sportireland.ie).
- 11.1.2 Anti-Doping Consent Forms are applicable to all National Squad gymnasts and submission of the NS Acceptance Form confirms their consent to abide by these rules.
- 11.1.3 All National Squad gymnasts (aged 10years and over) must complete the Adel-WADA Anti-Doping e-learning training programme and, on completion, must submit the training certificate to GI.

### 11.2 WADA Anti-Doping Training

- 11.2.1 All NS gymnasts aged 10 years and up must complete the mandatory [“International Athlete” Anti-Doping Training](#) to meet World Anti-Doping Agency (WADA) requirements. This training is via the Anti-Doping Education & Learning platform (ADEL). Young gymnasts may require parental/adult support to complete this training, all certificates provided to GI must be in the gymnast's name.
- 11.2.2 T1-4 gymnasts must also complete the Sport Ireland Anti-Doping training in **addition** to the ADEL-WADA training - [Sport Ireland Anti Doping E-Learning Login](#)
- 11.2.3 Coaches of FIG level squad gymnasts must also complete the training for Coaches of High Performance - [Anti-Doping Education and Learning \(wada-ama.org\)](https://www.wada-ama.org)

### 11.3 Anti-Doping Consent – National Series

- 11.3.1 In compliance with Irish Anti-Doping rules, gymnasts taking part in GI National Series events may be subject to drug testing at these events, National Squad training and camps.
- 11.3.2 All National Squad members provide consent to these tests being carried out on submission of the National Squad online NS acceptance form. See below letter and consent form.

\* Double-click on the Brief Guide to Anti-Doping image to download the Sport Ireland “Digital Wallet Card”. This is published each year and includes comprehensive information and updates to Anti-Doping Rules.





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Dear Gymnast/Parent,

### National Series Competitions

In accordance with the Irish Anti-Doping Rules, you should note that Drug Testing **may be carried out** at any of our National Series competitions.

Gymnastics Ireland has signed up to the Irish Anti-Doping Rules and testing is the part of the Irish Anti-Doping Programme. Drug Testing is carried out to protect Ireland's sporting integrity against the threat of doping.

For more information on Anti-Doping, please contact your club or the GI Anti-Doping Officer. Annually the World Anti-Doping Agency (WADA) publishes a Prohibited List (of substances & methods). The latest edition of the list comes into effect on January 1st and can be viewed with additional anti-doping information on our website - [Anti-doping - gymnasticsireland.com](https://www.gymnasticsireland.com) (in particular, there are important updates to the permitted usage of salbutamol and glucocorticoids). The new medicine checker website is available at [Medcheck Sport Ireland](https://www.medchecksportireland.com) for medications purchased in Republic of Ireland. For medications purchased in other jurisdictions, please continue to [check Global DRO - Home](https://www.globaldro.com).

Anti-Doping testing may be carried out at any of our National Series Events, National Squad Training Camps and International Events. See the Anti-Doping Consent Form in this pack.

In addition to the Anti-Doping Consent Form, it is compulsory for National Squad gymnasts aged 10 years or above to complete the WADA ALPHA Anti-Doping Training ([International Athlete WADA ADEL Training](https://www.adel.wada-ama.org/learn)) and submit their PDF certificate as part of the National Squad Documents submission. Guidance from parent/guardians may be required to complete the training. Please note gymnasts hoping to represent Gymnastics Ireland at International Events will require this certificate in order to obtain an FIG License if appropriate. *Under present WADA rules, the WADA Adel Certificate expires after two years, however we would encourage a refresher of the training (gymnasts/coaches and parent/guardians) via <https://adel.wada-ama.org/learn>.*

If you have any queries, please do not hesitate in contacting the Gymnastics Ireland Anti-Doping Officer.

Kind regards

Gymnastics Ireland Anti-Doping Officer



## Anti-Doping Consent Form - 2024

Dear Gymnast/Parent,

In accordance with the Irish Anti-Doping Rules, you should note that Drug Testing may be carried out at:

- National Series Events
- National Squad Training/Camps
- International Events

In selecting “Yes” on the Declaration section of the National Squad Acceptance Form the gymnast named on the form (parent/guardians of gymnasts u18) is providing consent to submit to a Drug Test under the Irish Anti-Doping Rules if requested.

***NB - If you are selected for testing, you must declare any prescription or non-prescription medications and/or supplements taken over the last 14 days on the Doping Control Form.***

*Gymnast/Parent of Gymnast U18: Please note we **do not** need to receive a signed copy of this document. Submission of the Declarations on the National Squad Acceptance Form confirms your understanding and agreement with this document.*

## 12. National Gymnastics Training Centre (NGTC)

### 12.1 Ratios and NGTC Capacity

- Coach ratio: 2 to 8-16 gymnasts.
- NGTC capacity:
  - Total: Recommended no more than 100 people in the NGTC at any one time.
  - Floor: Max 20 gymnasts, e.g. general warmups, not all jumping and tumbling.
  - Apparatus: Up to 6 to 8 in one rotation (group). 1 gymnast on an apparatus at a time.

### 12.2 Mobile Phones

- Mobile phones are *not* permitted for us during training unless on a tripod for technical use
- All coaches' phones to be placed on the table or bags and used only in urgent situations.
- All gymnasts' phones to be kept in bags during training.
- If photos of gymnasts for club or GI profiles are required, they must be taken at the end of the session.

### 12.3 NGTC Housekeeping/Emergencies

#### 12.3.1 Call the Duty Manager (DM) on 086 142 3291 for any of the following:

- Code Blue, call the DM and/or attend the main reception desk
- Entry/Exit of NGTC
- Switching lights and vents on/off
- Accident & incidents
- Spillages/Leaks/Cleaning requirements
- Toilets
- Equipment issues, report to GI HP using [NGTC Equipment/Reporting Form](#) and to DM for maintenance. (See 11.3.3 Equipment & Reporting)
- In case of evacuation
- Heating/building temperature issues
- Booking issues
- When last to leave the NGTC inform the DM for security

#### 12.3.2 Evacuation

- Leave by the closest exit and regroup at the front of the NIA at the allocated fire point area
- Roll call by personal coaches and/or HoD/NPC
- Call DM for an update and report
- Do not return to the NGTC until reported safe to do so by the DM
- If access not permitted, arrange pickup of all individuals. 2 adults to wait until last person collected

#### 12.3.3 Equipment & Reporting

- **Always carry out a safety check before use on ALL equipment**
- Ensure all mats are safe for use i.e. no gaps etc...
- Please leave all mats flat and tidy
- Please leave the NGTC tidy and respectable and report any issues to the HoD/NPC
- HoD/NPC to report any issues regarding damage, cleanliness, equipment issues, booking problems to PTM using the [NGTC Equipment/Reporting Form](#)
- Remove bottles, cups, litter, socks etc

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- Controlled use of chalk, honey, and grip aids. Put away after use, do not make a mess on mats
- Lost property will be kept for 6 months maximum
- FIG standard equipment is strictly for the use of HP gymnasts only

### 12.3.4 Temperature

- The temperature in the gym should be between 18-24 degrees
- If the temperature is unsafely outside of this range, the HoD/NPC will contact the DM to address

### 12.3.6 Noise Levels and Music

- Music must be played at a comfortable level being respectful of all users in the NGTC
- Any music played must not contain any profanity
- Music for floor routines takes priority

## 12.4 NGTC Bookings (National/Program Coaches)

GI are charged by the hour for all NGTC bookings and charges cannot be removed retrospectively if Sport Ireland Bookings Department did not receive notice of a cancellation/ change.

HoD/NPC/Program Coaches must effectively manage their discipline's bookings in terms of cancellations/amendments/shared usage and communicate these changes appropriately.

Bookings are managed via the NGTC Bookings Calendar, HoD's/NPCs/Program Coaches must use this system for all NGTC use. Please refer to [Appendix 9 - NGTC Bookings Calendar Procedures](#).

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## APPENDIX 1 - Acrobatics National Squads Selection Criteria

<b>Discipline:</b>	<b>ACROBATICS</b>
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<b>Club Development Squad Selection Process</b>
Any club may have gymnasts and coaches selected for this National Squad
Any coach, with or without selected partnerships, who requires extra help and education may request to attend
Procedure - Partnerships (following selection) to enrol on the CDS as per policy
Partnerships- Must compete at National Series competitions and show execution scores of minimum 8.5. Artistry scores will also be considered for popular categories
This squad is predominantly for Youth & 11-16 partnerships
<b><i>Purpose - To support and educate clubs with correct development practices to aid them to proceed through the NS program. Education is geared around the NDP (youth), FIG (11-16) and squad system. General skills, physical prep, progressions, drills... etc will all be covered. Partnership basics and progressions will be covered but the focus will be on the gymnast's individual development using additional stretching, conditioning, elements and tumbling.</i></b>
<b>NDS – National Development Squad Selection Process T3 &amp; T4</b>
Selection to NDS will be made through National Series Competitions
NDS is predominantly for FIG 12-18 partnerships with inclusion of some IDP1 partnerships currently out of age
Testing- programme is fixed and partnerships & individuals will be assessed following an invitation
Talent ID by NPC and PTM. Alternatively, partnerships must show execution scores of minimum 8.5 at the NS competitions. Artistry scores will be considered for popular categories to encourage high standard and progressive development
Partnerships must show realistic high-level potential and must pass the NS testing within reasonable timeframe following invitation
<b><i>Purpose - selection for NDS is part of the official pathway for gymnasts to progress to IDS and is assigned to FIG 12-18 and some NDP IDP1. Partnerships are encouraged to continue to develop their skills to a high standard using correct techniques delivered during squad sessions. Gymnasts are encouraged to follow the performance pathway set out for National Squad gymnasts by attending National Series events and friendly international events (both team Ireland and club) to gain experience and help develop confidence. Additional supports offered such as physiotherapy sessions/workshops, specialist coach and educational workshops</i></b>
<b>IDS – International Development Squad Selection T3 &amp; T4</b>
Partnerships must compete in the National Series competitions and International (pre-approved) competitions to be invited to attend testing
Talent ID by National Performance Coach and Performance & Technical Manager. Alternatively, partnerships must show execution scores of minimum 8.5 at the NS competitions. Artistry scores will be assessed to encourage high standard and progressive development.
Testing- programme is fixed and partnerships & individuals will be assessed following an invitation
Partnerships must pass the NS testing within reasonable timeframe following invitation
<b><i>Purpose - selection for IDS is for Junior through to Senior level partnerships and is aligned to the FIG codes. Gymnasts can then progress through National and international FIG aspirations, with education for coaches and the use of more specific Support Services</i></b>
<b><i>Additional supports offered such as Physiotherapy sessions/workshops, specialist coach and educational workshops</i></b>

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## Appendix 2 - Rhythmic Gymnastics National Squads Selection Criteria

<b>Discipline:</b>	<b>RHYTHMIC INDIVIDUAL</b>
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<b>CDS - Club Development Squad Selection Process</b>
Any club not on National Squad may participate with 2-5 gymnasts and developing coaches
Any Coach who requires extra help and education
Procedure - Clubs to enrol on the CDS as per policy
<i>Purpose - To support and educate clubs not involved in the NS program, education is geared around the NDP, squad system and general skills, physical prep, progressions, drills... etc.</i>
<b>NDS - National Development Squad Selection Process</b>
Through National Series Competitions. Selection from L4 and L5 through targets and testing
Gymnasts not making the OSS squad or age group squads
Testing and/or Talent ID by National Centralised Performance Coach/NPC and Performance & Technical Manager
Gymnast shows realistic high-level potential - Must pass NDS testing standard within reasonable timeframe
<i>Purpose - selection for NDS is the first point of the official pathway for gymnasts and is aligned to the NDP. Gymnasts can progress through the age groups 1 year younger than the OSS, with education whilst learning for coaches including a basic introductory to the support service program</i>
<b>OSS - Olympic Start Squad T4 Process</b>
National Competitions (Elite L5 / PLUS L4/ Age Groups) target results and testing
Grades All Around /Finals (October) L4-L5 - ** target average score to progress testing
Pass standard for OSS in testing
Talent ID by National Centralised Performance Coach/NPC and Performance & Technical Manager
Gymnast shows realistic high-performance potential - Must pass OSS testing standard in reasonable timeframe
<i>Purpose - selection for OSS is the second point of the official pathway for gymnasts running in-age alongside the Plus level (L4)/Elite level (L5) route. Gymnasts can then progress through the age groups, with education whilst learning for coaches including Support Service pathway through the years</i>
<b>IDS - International Development Squad Selection T2-T3</b>
National and International results with score standards as per Selection Policy & testing
Olympic potential
Talent ID by National Centralised Performance Coach/NPC and Performance & Technical Manager
Gymnast must show realistic high-level potential and development with consistent performances and score standards as per Selection Policies Part 2 for season/cycle standards
<i>Purpose - selection for IDS is the Junior through to Senior level of the pathway for gymnasts and is aligned to EG and FIG. Gymnasts can then progress through with national and international FIG aspirations, with education for coaches and more specific support services</i>
<b>OS - Olympic Squad Selection T1</b>
Progressed through the Olympic pathway and showing potential for Olympic
Scores achieved through FIG/EG. International Competition standard and rank
Funded Gymnasts approved by the Performance & Technical Manager and Carding Criteria
<i>Purpose - selection for OS is the final competitive side of the pathway for Senior competing FIG level, showing Olympic qualification potential. Gymnasts will be under Sport Ireland Support Services as per tier level</i>

# National Centralised Program and National Squad Guidelines Squad Pack 2024+

## Appendix 3 – Men’s Artistic National Squads Selection Criteria

<b>Discipline:</b>	<b>MEN’S ARTISTIC GYMNASTICS</b>
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<b>CDS – Club Development Squad Selection Process</b>
Any club not on National Squad may participate with 2-4 gymnasts and developing coaches
Any coach who requires extra help and education, will be given option to attend National squad sessions to observe and learn
Procedure - Clubs to enrol on the CDS as per policy
<i>Purpose - To support and educate clubs not involved in the NS program, education is geared around the NDP, squad system and general skills, physical prep, progressions, drills... etc</i>
<b>NDS – National Development Squad Selection Process</b>
Through National Series Competitions. Selection through Elite/Age Groups/PLUS Grades results
Gymnasts not making the OSS squad
Testing / Talent ID by National Centralised Performance Coach/NPC and Performance & Technical Manager
Gymnast shows realistic high-level - Must pass NDS testing standard within reasonable timeframe
<i>Purpose - The NDS Squad are our foundation level U14 national squad gymnasts who are believed to have high level potential but haven’t necessarily shown this level yet through results or testing but will continue to be monitored and supported through the NDS squad.</i>
<b>OSS – Olympic Start Squad T4 Process</b>
National Competitions (Elite Grades / PLUS / Age Groups) results and testing
Elite Grades All Around final (November) – ** average score to progress testing
Pass standard for OSS in testing
Talent ID by National Centralised Performance Coach/NPC and Performance & Technical Manager
Gymnast shows realistic high-performance potential - Must pass OSS testing standard within reasonable timeframe
<i>Purpose - selection for OSS is higher level of U14 pathway for gymnasts running in-age alongside Elite grade level/ modified FIG Junior code route. Gymnasts can then progress through the age groups, with education whilst learning for coaches including Support Service pathway through the years</i>
<b>IDS – International Development Squad Selection T2-T3</b>
National and International results with score standards as per Selection Policy & testing
Olympic potential
Talent ID by National Centralised Performance Coach/NPC and Performance & Technical Manager
Gymnast must show realistic high-level potential and development with consistent performances
<i>Purpose - selection for IDS is the Junior through to Senior level of the pathway for gymnasts and is aligned to FIG &amp; EG. Gymnasts can then progress through with national and international FIG aspirations, with education for coaches and more specific Support Services</i>
<b>OS – Olympic Squad Selection T1</b>
Progressed through the Olympic pathway and showing potential for Olympics
Scores achieved through FIG/EG. International Competition standard and rank
Funded Gymnasts approved by the Performance & Technical Manager and Carding Criteria
<i>Purpose - selection for OS is the final competitive side of the pathway for Senior competing FIG level, showing Olympic qualification potential. Gymnasts will be under Sport Ireland Support Services as per tier</i>

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## Appendix 4 – Women’s Artistic National Squads Selection Criteria

<b>Discipline:</b>	<b>WOMEN'S ARTISTIC</b>
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<b>CDS – Club Development Squad Selection Process</b>
Gymnasts who take part in National 1 Plus Level Championships in May who are aged 8 in year of competition
Any coach who requires extra help and education by note of interest to HoD/NPC
Procedure - Clubs to enrol on the CDS as per policy
<i>Purpose – To support and educate coaches and gymnasts not involved in the NS program, education is geared around the NDP, squad system and general skills, physical prep, progressions, drills... etc.</i>
<b>NDS – National Development Squad Selection Process</b>
Through National Series Competitions. Selection through Elite/Age Groups/PLUS Grades results.
Any coach who requires extra help and education by note of interest to HoD/NPC.
Talent ID by National Centralised Performance Coach/NPC and Performance & Technical Manager.
Gymnasts and coaches must demonstrate growth mindset and commitment to our long-term high performance strategy
<i>Purpose – selection for NDS is the first point of the official pathway, to support and educate coaches and gymnasts around the squad system with a strong focus on perfecting basics, choreography, and physical prep.</i>
<b>OSS – Olympic Start Squad T4 Process</b>
Through National Series Competitions. Selection through Elite/Age Groups/PLUS Grades results
Maintaining of OSS monitoring standards
Talent ID by National Centralised Performance Coach/NPC and Performance & Technical Manager
Gymnasts shows realistic high-performance potential to continue pathway to IDS & OS level
<i>Purpose – selection for OSS is the second point of the official pathway for gymnasts running in-age alongside the Plus level/Elite level route. Gymnasts can then progress through the age groups, with education whilst learning for coaches including Support Service pathway through the years</i>
<b>IDS – International Development Squad Selection T2-T3</b>
National and International results with score standards as per Selection Policy & testing
Olympic potential
Talent ID by National Centralised Performance Coach/NPC and Performance & Technical Manager
Gymnast must show realistic high-level potential and development with consistent performances
<i>Purpose – selection for IDS is the Junior through to Senior level of the pathway for gymnasts and is aligned to FIG &amp; EG. Gymnasts can then progress through with national and international FIG aspirations, with education for coaches and more specific Support Services.</i>
<b>OS – Olympic Squad Selection T1</b>
Progressed through the Olympic pathway and showing potential for Olympic
Scores achieved through FIG/EG
International Competition standard and rank
Funded Gymnasts approved by the Performance & Technical Manager and Carding Criteria
<i>Purpose – selection for OS is the final competitive side of the pathway for Senior competing FIG level, showing Olympic qualification potential. Gymnasts will be under Sport Ireland Support Services as per tier</i>



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## Appendix 5 - Trampoline National Squads Selection Criteria

<b>Discipline:</b>	<b>TRAMPOLINE GYMNASTICS</b>
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<b>CDS - Club Development Squad Selection Process</b>
Gymnasts aged 7 - 10 years competing at NSP 3 or above in National Series competitions
Any coach may attend for education and CPD purposes
Selection is made based on all National Series competitions - gymnasts may be added during the year
<i><b>Purpose - To support and educate clubs not involved in the NS program, education is geared around the NDP, squad system and general skills, physical prep, progressions, drills... etc.</b></i>
<b>NDS - National Development Squad Selection Process</b>
Gymnasts aged 11- 21 years competing at NSP 4 or above (NSP 4 & 5 for 11 - 12 years only).
Gymnasts showing potential to compete for Ireland at open internationals and develop towards Junior major events
Selection is made based on all National Series competitions as well as Talent ID by NPC and PTM
Gymnast shows realistic high level potential to represent Ireland at future Junior World and European Championships and World Age Group Competitions
<i><b>Purpose - selection for NDS is the first point of the official pathway for gymnasts and is aligned to the NDP. Gymnasts can progress through the age groups 1 year younger than the OSS, with education whilst learning for coaches including a basic introductory to the support service program</b></i>
<b>OSS - Olympic Start Squad T4 Process</b>
Still in development for trampoline gymnastics
<i><b>Purpose - selection for OSS is the second point of the official pathway for gymnasts running in-age alongside the Plus level/Elite level route. Gymnasts can then progress through the age groups, with education whilst learning for coaches including Support Service pathway through the years</b></i>
<b>IDS - International Development Squad Selection T2-T3</b>
National Series, National Trial and International results with score standards as per Selection Policy & testing
Junior IDS - Gymnasts aged 13 -16, Senior IDS - Gymnasts 17+. All competing at FIG level
Selection based on gymnasts who have been selected for a major championship or very close to the selection score (Junior/Senior Europeans, World Championships, Junior World Championships, World Age Groups)
Gymnast must show realistic high-level potential and development with consistent performances
<i><b>Purpose - selection for IDS is the Junior through to Senior level of the pathway for gymnasts and is aligned to FIG &amp; EG. Gymnasts can then progress through with national and international FIG aspirations, with education for coaches and more specific Support Services</b></i>
<b>OS - Olympic Squad Selection T1</b>
Progressed through the Olympic pathway and showing potential for Olympic
Scores achieved through FIG/EG. International Competition standard and rank
Funded Gymnasts approved by the Performance & Technical Manager and Carding Criteria
Purpose - selection for OS is the final competitive side of the pathway for Senior competing FIG level, showing Olympic qualification potential. Gymnasts will be under Sport Ireland Support Services as per tier level
<i><b>Purpose - selection for OS is the final competitive side of the pathway for Senior competing FIG level, showing Olympic qualification potential. Gymnasts will be under Sport Ireland Support Services and National Coaches program</b></i>

# National Centralised Program and National Squad Guidelines Squad Pack 2024+

## Appendix 6 – Tumbling National Squads Selection Criteria

Discipline:	TUMBLING
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<b>CDS – Club Development Squad Selection Process</b>
Gymnasts selected as per TUM CDS selection policy at National Series Competitions & Jumpstart
Any Coach who requires extra help and education can request to guest with 1-2 gymnasts
Talent ID (coaches & gymnasts)
<i>Purpose – To support and educate clubs not involved in the NS program, education is geared around the NDP, squad system and general skills, physical prep, progressions, drills... etc.</i>
<b>NDS – National Development Squad Selection Process</b>
Selection through National Series Competitions, as per TUM NDS selection policy
Development pathway for performance gymnasts who are transferring from other disciplines
Pathway for Gymnasts who are working towards international standards
Talent ID by National Centralised Performance Coach/NPC and Performance & Technical Manager
Gymnast shows realistic high-level potential
<i>Purpose – selection for NDS is the first point of the official pathway for gymnasts and is aligned to the NDP. Gymnasts can progress through the age groups 1 year younger than the OSS, with education whilst learning for coaches including a basic introductory to the support service program</i>
<b>IDS – International Development Squad Selection T3</b>
National and International results with score standards as per TUM IDS Selection Policy
Major Competition Finals potential
Talent ID by National Centralised Performance Coach/NPC and Performance & Technical Manager
National and International results with score standards as per TUM IDS Selection Policy
<i>Purpose – selection for IDS is the Junior through to Senior level of the pathway for gymnasts and is aligned to FIG &amp; EG. Gymnasts can then progress through with national and international FIG aspirations, with education for coaches and more specific Support Services</i>
<b>National Team</b>
Selected as per individual competition selection policy for major competitions (Europeans, Worlds & World Games)
Major Competition Finals potential
Position on team only given for that solo event after which the gymnasts returns to IDS
<i>Purpose – selection for National Team is fluid and temporary and only lasts for the duration of the competition for which the selection to the team was made. It is determined by achieving the scores set out in the specific competition selection policy &amp; gymnasts return to IDS after the competition to work towards further major selections</i>



# CONCUSSION MANAGEMENT GUIDELINES

What to expect if you sustain a sports related concussion

## RECOGNISE



Forceful impact + any sign or symptom of concussion = remove from sport.  
A potential concussion may be identified by an athlete, coach, physiotherapist, doctor, or any other team member.

**ANY ATHLETE WITH A SUSPECTED CONCUSSION MUST BE REMOVED FROM SPORTING ACTIVITY**

## EVALUATE

A medical assessment will be carried out by a physiotherapist or doctor. This will include symptom evaluation, orientation, memory and concentration assessment, balance and vestibular testing, and neurocognitive screening.



## IMPLEMENT MANAGEMENT PLAN

Most concussions will resolve within 10-14 days. However some athletes have delayed recovery.

Did you know that you must return to learn or return to work before returning to training? A member of the lifeskills team can support you with this.



## MEDICAL CLEARANCE TO RETURN TO PLAY

The fastest any athlete can return to play after sustaining a concussion is 7 days. You must not return to full training or competition until a doctor or physiotherapist clears you to do so.



CONCUSSION MANAGEMENT GUIDELINES CONTINUED

## MONITOR THROUGH MANAGEMENT PLAN

Your physiotherapist or doctor will monitor you through your graded return to play plan. Other performance support team members may be involved depending on your symptoms.

Did you know that emotional symptoms are very common following a concussion? Your sport psychologist can help you address these.

Did you know your nutritionist can help with persistent nausea or difficulties sleeping?



Did you know that physiological testing can be used to help you return to training if you have a prolonged recovery?

Did you know that your physiotherapist can prescribe exercises to help you overcome physical and vestibular symptoms?



**GYMNASTICS IRELAND**

# SLEEP FOR ATHLETIC PERFORMANCE

**SLEEP IMPROVES HEALTH, RECOVERY & PERFORMANCE** ZZZZ

## PERFORMANCE

Sleeping 8–10 hours per night can improve:

- Accuracy
- Skill learning
- Speed
- Endurance

## FOODS TO HELP SLEEP

Kiwi, Eggs, Milk, Cherries, Chicken, Cheese

## PHONE & CAFFEINE CURFEW

Avoid using your phone or device in the hour before bed

Limit caffeine containing drinks such as energy drinks or tea/coffee after 3pm

## INJURY RECOVERY

↓ INJURY  
↑ RECOVERY

Sleeping < 7 hours per night = 50% increased risk of new injury

Sleeping 8–10 hours ↑ recovery of muscle cells & hard-wires new skills

## WIND-DOWN/SLEEP RITUAL

A wind-down routine that ↓ heart rate & breathing, signals to your body that it is time to fall asleep

Breathing exercises, yoga or meditation can work well to aid sleep onset

This poster was prepared for Gymnastics Ireland by Dr Michelle Biggins  
Chartered Physiotherapist & Athlete Sleep Consultant

# National Centralised Program and National Squad Guidelines Squad Pack 2024+

## Appendix 9 – NGTC Bookings Calendar Procedure

### Effective Management of NGTC Bookings

Only NPC's/National Centralised Program Coaches can book the NGTC for National Squad sessions. The below must be followed to ensure GI are not billed for any hours booked and not utilised:

- **Cancel/amend** the NGTC hours booked if sessions are not going ahead or times have been changed
- Cancellation must be given with **48 hours' notice**
- Cancel all pre-booked HP sessions that will not be happening due to internationals or holidays.
- Alert [melanie@gymnasticsireland.com](mailto:melanie@gymnasticsireland.com) who manages the booking system as per below
- All Centralised Program training hours must be pre-agreed with PTM at the beginning of the year and entered by the NPC/HoD in the NGTC Bookings Calendar
- Training schedules must be aligned to share hours with other centralised groups and/or other Squad bookings. Any additional hours must be authorised by the PTM

In addition to scheduled NS training sessions, as per Section 6., if required, National Squad gymnasts may access the NGTC (with club coaches) under the following conditions:

- Gymnast/s are in preparation for an international competition (National Squad gymnasts only)
- Request is made via the HoD/NPC
- Authorisation to access is received
- Hours requested must already be utilised by another discipline/squad and ratios not compromised
- Club/personal coaches are in attendance

### HOD/NPC User Guide for NGTC Bookings Calendar

**All GI HP/NS bookings must be made by the HoD/NPC via the [NGTC BOOKINGS CALENDAR.xlsx](#).** (Club coaches involved in the National Squad Program can request personal access to view the calendar only via [melanie@gymnasticsireland.com](mailto:melanie@gymnasticsireland.com) and cannot book any club sessions in the NGTC)

- **New Booking Requests**
  - Go to the Month and Day/Date to be booked
  - Choose Start & End time from dropdown menu in the next available slot in the calendar
  - If there are no available slots, do not delete other bookings – contact a Disc/Dept with a similar timeslot to share booking time
  - Choose Discipline/Dept from dropdown menu
  - Choose Squad/Type from dropdown menu
  - Insert name of the person making the booking
  - Choose status of booking – ‘Booked’, ‘Request booking’, ‘Cancelled’ ‘Request Cancellation’, ‘Amended Time. ‘Request to Amend’, ‘Provisional Booking’
  - Either:
    - Email [bookings@sportirelandcampus.ie](mailto:bookings@sportirelandcampus.ie) with the details of your booking etc (cc Mel)
    - Or advise [melanie@gymnasticsireland.com](mailto:melanie@gymnasticsireland.com) to book on your behalf

*\*Completing an entry in the Booking Calendar does NOT confirm a booking.  
It must be confirmed with Sport Ireland*

## National Centralised Program and National Squad Guidelines Squad Pack 2024+

- **Time Amendments to Bookings**
  - Change the time on the booking in the NGTC Bookings Calendar
  - If the booking is less than 48 hours away, email: [bookings@sportirelandcampus.ie](mailto:bookings@sportirelandcampus.ie) and [melanie@gymnasticsireland.com](mailto:melanie@gymnasticsireland.com) to advise of the change and updated the Booking Status to 'Time Amended with SI'
  - If not urgent, change the Booking Status to 'Please Amend Time' and advise Mel who will liaise with SI and amend the booking status accordingly
- **Cancellations**
  - Within 48 hours or less of the booking occurring, email [bookings@sportirelandcampus.ie](mailto:bookings@sportirelandcampus.ie) & [melanie@gymnasticsireland.com](mailto:melanie@gymnasticsireland.com) to cancel
  - If requesting Mel to cancel - choose 'Pls Cancel' on the booking status and email Mel
  - If cancelling directly with SI, amend the booking status to 'Cancelled with SI' and **ensure to email SI Bookings to advise of the cancellation (cc Mel)**
  - **Do not** delete the booking from the calendar - the cancelled status must remain so it can be cross checked against the invoice from SI.

*\*All bookings must be formally cancelled by email with Sport Ireland Bookings.*

*GI are charged for hours that are not used if they are not formally cancelled with SI within 24 hours of the booking taking place!*

*Selecting 'cancelled' in the NGTC calendar **does not** inform SI\**

*Ensure all hours/sessions are recorded in the calendar prior to requesting Mel to book on your behalf.*

**GYMNASTICS**   
**IRELAND**

# **NATIONAL SQUAD**

## **CONTACT US**

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